

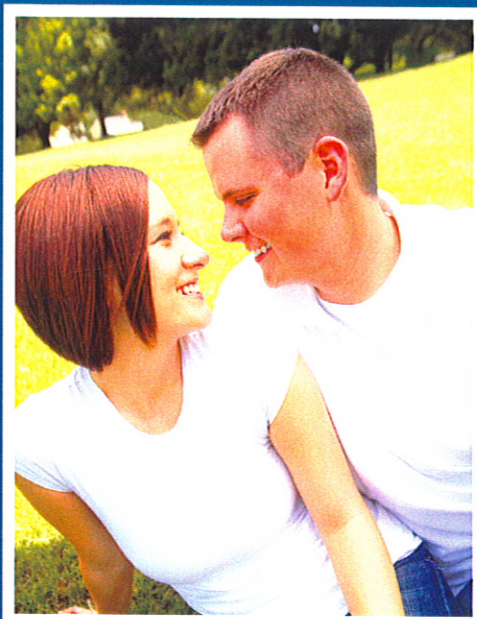
You are one phone call away from being the best person you can be for those who love you.

Who will you quit for?

**Postal Customer**

PRSRT STD ECRWSS  
U.S. POSTAGE PAID  
EDDM RETAIL

Your Spouse?



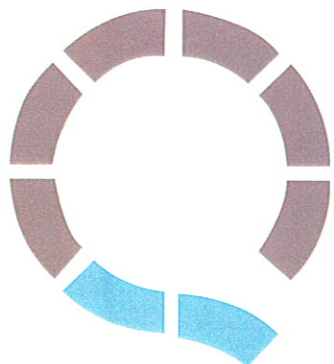
Your kids or grandkids?



Your Pets?



Call today and show them how much you love them!



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669

Need Help Quitting?

Call Quitline Iowa  
1-800-QUIT-NOW  
[www.QuitlineIowa.org](http://www.QuitlineIowa.org)

**Calhoun County**



**Public Health**  
Prevent. Promote. Protect.





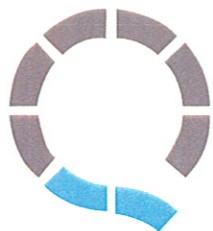
During the entire month of June, The Iowa Department of Public Health (IDPH) is offering four weeks of free nicotine replacement therapy (NRT) in the form of patches and gum to Iowa smokers who choose to make a quit attempt using Quitline Iowa.

Quitline Iowa offers tobacco cessation coaching services over the telephone or the Internet, 24 hours a day.



Smoking cigarettes and using tobacco products is not only expensive, but can affect *your* health, your family's health, and the health of pets.

*Is it worth it?*



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Contact Tami 712-297-8323 for more information

Provided by Funds from IDPH Division of Tobacco Use Prevention and Control

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